Dr Catherine Insley

MBBS FRACGP MPH DFFP

My Story...

Dr Catherine Insley is a GP and a Director of Bondi Road Doctors.

Originally trained in London, Catherine qualified in 1988 before continuing her GP and public health training in Gosford and the UK. She practiced at the University of Nottingham and worked in community family planning clinics, specializing in IUDs (coils) for contraception.

Catherine returned to Australia in 1999, initially working at the Family Planning Clinic in Chatswood and the Kirketon Road Clinic in Kings Cross, which focuses on sexual health and drug and alcohol services.

After gaining further experience in general practice in Sydney's Eastern Suburbs, Catherine joined Gynaecare (Clinic 66) on the North Shore. Over the next nine years, she honed her procedural skills in family planning, including IUD insertions, vasectomies, colposcopies, and terminations of pregnancy. She became a director at East Sydney Doctors in 2011 and has recently moved back to the Eastern Suburbs.

Catherine has also worked as a coordinator of care for Central Australia Health and RFDS retrievals, supporting remote communities in Central Australia, primarily through telehealth with occasional fly-in locum roles.

Her special interests include female sexual health, contraception, and the management of unplanned pregnancies. She also provides opiate replacement therapy, in collaboration with a local pharmacy, for patients stabilized within the community. Please note that prescriptions can only be issued once NSW Health has approved the application and transfer documents from the previous prescriber have been submitted.

Catherine offers medical terminations of pregnancy from her practices at Taylor Square Private Clinic and East Sydney Doctors, although onsite ultrasounds are available only at East Sydney Doctors. If you need a referral for an ultrasound, please request that Catherine contact you before your appointment to ensure the report is ready.

For IUD, coil, or IUS insertions, it is recommended that women schedule the procedure during menstruation, as this makes insertion easier and less painful due to the cervix being slightly dilated, and the likelihood of pregnancy is minimal. IUDs can be inserted at other times in the cycle if there has been abstinence or adequate contraceptive coverage since the last period. Taking oral pain relief, such as ibuprofen, before the procedure is advised to reduce cramping during and after insertion.

My Specialties...

- Antenatal & Prenatal Care
- Childrens Health
- Colposcopy Procedures
- Cosmetic Injectables
- Gender Affirming Care
- HIV Care
- Immunisations
- Implanon Procedures
- Intrauterine Devices
- Medical Termination of Pregnancy
- Mens Health
- Mental Health
- Sexual Health & PrEP
- Skin Checks
- Vasectomy Procedures
- Womens Health

Book Appointment with Dr Catherine Insley

Click Here

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Social

Our Other Clinics

East Sydney Doctors

Taylor Square Private Clinic

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